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Hematite

Hematite, also known as haematite, is an iron oxide with the formula Fe_2O_3 and is widely found in rocks and soils. It is renowned for its metallic sheen and can range in color from steel or silver-gray to brown or reddish-brown, and even to a deep red. The mineral belongs to the rhombohedral lattice system and is the alpha polymorph of Fe_2O_3 , sharing the same crystal structure as corundum (Al_2O_3) and ilmenite (FeTiO_3). Hematite is not only significant as an ore of iron but also has uses in jewelry and as a pigment due to its striking color and luster. Its varieties include the kidney ore, martite, iron rose, and specularite, each with

unique physical characteristics. Interestingly, hematite is also known for its grounding properties in metaphysical circles, believed to stabilize and balance, connecting to the root chakra. Large deposits of hematite can be found in banded iron formations, and it is also present in environments with still or standing water, such as those in Yellowstone National Park.